

About the North Fork

In the 1880s, the River was freshwater and flowed into the Indian River Lagoon. The headwaters are found at Ten and Five Creeks, which converge and travel south. Historically, the original headwaters originated many miles up Ten Mile Creek, and during high water, were actually connected to the St. Johns River.

In 1892, the St. Lucie inlet was dug, giving the River direct access to the Atlantic Ocean, changing the river to an estuary. Look for the northern extent of the mangroves! This is great indicator of the estuarine / freshwater extents.

In 1905, the FL State Legislature created the Board of Drainage Commissioners to help deal with flooding issues. The River was channelized, and spoil from the dredging was piled on the banks, thus altering the floodplain. The Everglades Drainage District constructed the St. Lucie Canal (C44), which drains Lake Okeechobee, from 1916 to 1928. The canals created to drain the land into the River have dramatically altered the original watershed.

In 1972, part of the North Fork (Midway Rd South to the Estuary) was designated as an Aquatic Preserve and Outstanding Waterway due to it's high biological value. Supporting temperate and subtropical aquatic species, it is important to many species of fish such as snook, snapper, and the opossum pipefish that require both fresh and estuarine water to complete their life cycles.

Today, efforts are underway to restore sections of the River back to it's natural and historic course and vegetative communities. The Aquatic Preserve encumbers the majority of the property along the river protecting it as you see it for future generations. The future preserve boundary may soon reach as far north as the Gordy Rd. Spillway. Practices to store and filter stormwater runoff before it reaches the estuary and Indian River Lagoon have also been enacted. With proper stewardship, residents and visitors alike can help to preserve this area's greatest natural treasure.

Paddling Tips

- Be aware of water levels, currents and weather conditions. Take caution in summer when thunderstorms are frequent; try to take shelter in advance of bad weather. **KNOW BEFORE YOU GO!**
- Wear a Personal Floatation Device (PFD). Florida law requires a Coast Guard approved, readily accessible and wearable PFD with whistle for each occupant. PFDs must be worn by all occupants under age 6.
- Bring plenty of food and water. Drinks should be in non-breakable containers and food and gear in watertight containers. At least 1/2 gallon of water per person is recommended for day trips.
- Wear sunscreen, protective clothing and footwear and a hat. Try to minimize the risk of sun exposure and dehydration by drinking water before getting thirsty, and regularly throughout the day. Apply sunscreen liberally and reapply as necessary, even on cloudy days.
- Paddle in a group or with a buddy if possible. If paddling solo, file a float plan by letting someone know where you're going and when you'll be returning.
- Watch for motorboats. Stay to the right and turn the bow into the wake. Respect anglers.
- In case of emergency, dial 911.
- Caution of slippery surfaces at launches and canoe docks. Also be cautious of un-even trail surfaces.
- While paddling/hiking you may encounter wildlife indigenous to the area. This may include an alligator or poisonous snake. Please view wildlife from a safe distance.

Leave No Trace Ethics

Don't litter or pollute the water with trash or other wastes (try to pick up trash when you see it).

Be respectful of wildlife. Do not approach, harass or

- Be respectful of wildlife. Do not approach, harass of attempt to feed animals.
- Do not access private land without permission.
 Be considerate of other visitors.
- Leave what you discover, take only memories!



